



Weekly Newsletter - 1/26/2020

Upcoming events for this week:

Practice:

Monday, Wednesday, and Thursday- 6 pm-7:30 pm

All Falcons are welcome for the entire practice time.

Results from the past week:

Great job to the 13 Falcons who competed at League Finals yesterday! We had 2 Falcons who took First place.

Tournaments and Events:

We have State on 02/23/2020. There are also a few USA wrestling tournaments taking place before then.

General Information:

Please make sure that your athlete is showering after every practice and wearing clean clothes to every practice.

We have our banquet that will be coming up on 02/12/2020 from 6 pm-8 pm at Ayles Junior High. We will be sending out more information as the time gets a closer.

Coaching - For those that have their coaching certifications, please bring your shoes and help out on the mats at practice!

Thank you for putting in the time for the kids!

Falcon of the Week:

This week our Falcon of the week is **Willie Ross**

Uniform:

For competition, the uniform will be as follows:

- Black shorts/sweatpants or Team shorts
- Team Tee or team hoodie
- Team Singlet
- Please wear whatever socks make you happy!

If you have your own Falcons singlet, wear it.

If you do not have a singlet, you can check one out the morning of the tournament. If you check one out, you **MUST** return it prior to leaving for the day

Coaches Corner:

Your kids are doing great. We would like your help in keeping them focused during practice.

At home, your wrestler can work on

- Sprawl
- Stand-Ups
- Sit Outs

We know that we are teaching at a fast pace, but with repetition, your wrestler will pick everything up. Make sure your Wrestler is aware of their Weight and Weight Class.

Thank you:

We want to extend our thanks to those who have helped out this season. We appreciate all of the help and we could not have done it this season without help from parents and coaches!